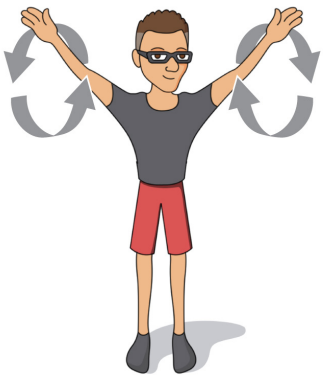
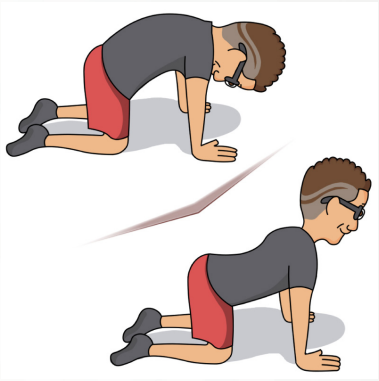
PICKLEBALL WARM UP

1. Arm Circles
20 / direction



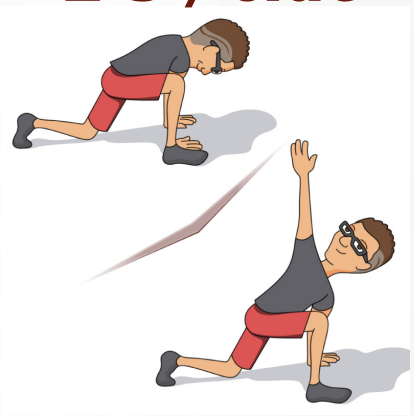
2. Cat Cow
6-10



3. Downward Dog
30 sec



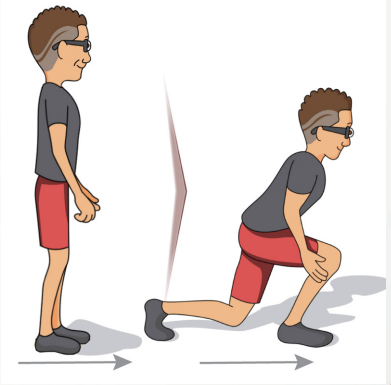
4. Lunge Reach
2-3 / side



5. Adductor Stretch
30 sec / side



6. Lunge Walk
10-15 / side



PICKLEBALL COOLDOWN

1. Spine Twist
45 sec



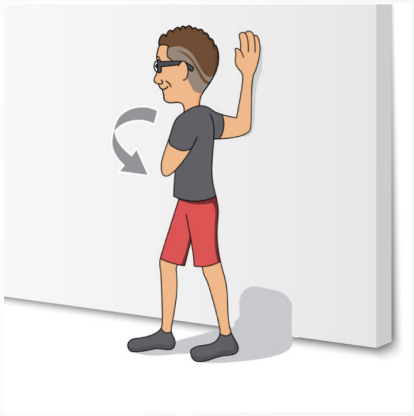
2. Quad Stretch
45 sec



3. Hamstring Stretch
45 sec



4. Pec Stretch
45 sec



5. Forearm Stretch
45 sec

